



**PYLE
ADULT
RECREATION
CENTER**

655 E. Southern Ave.
Tempe, AZ 85282

www.tempe.gov/pyle

(480)350-5211
TTY: (480)350-5050

HOURS
Mon-Thu 8am-9pm
Fri 8am-5pm
Sat 9am-4pm
Sun Closed



Roadrunner Chronicle

PYLE EDITION

FEBRUARY 2013



Valentine's Day Luncheon

Thursday, February 14

11:30 a.m.

Menu: Apricot Chicken and Snow Peas,
Rice, Pork Egg Roll and Dessert.

Then, join Toni Dimond for a
Love Song Sing-a-long!

RTA: \$5, Non-members: \$6

Code: 33229



Pyle Special Events

December Birthdays



Shirley Young, Loretta O'Malley,
Bob Parke, Philip Bishai, and
Marie Sivesind

Thursday special events start at 11:30 a.m. unless stated otherwise. Advance registration is required and you may register for the entire month, but payment in full is required at time of registration. Please sign up at the Front Desk.

2/7—Brown Bag Series Lecture, Lecture starts at Noon. Free or order dessert for \$1. Code: 34068 Details on page 7.

2/14—Valentine's Sing Along Luncheon, See page 1 for details. RTA \$5; Non-members \$6. Code: 33229

2/21— Wild, Wild West Luncheon, See Page 5 for details. RTA \$6; Non-members \$7. Code: 33230

2/28—Birthday BINGO—Celebrate February birthdays and play Bingo for grocery items. Bring your own lunch and we'll provide cake & ice cream. RTA \$1; Non-members \$2. Code: 33235.

Tuesday \$3 Lunch

On Tuesdays, join your friends for a simple, low-cost lunch and games or visiting before the Tuesday New Release Movie!

Please sign up at the Pyle front desk by the Friday before. Sign-ups may also be done at the Cahill Senior Center.

This month's menu:

2/5—Grilled Cheese Sandwich and Tomato Soup—Code: 34087

2/12—Chicken Salad on a Croissant, fruit—Code: 34088

2/19—Chef Salad and Dinner Roll—Code: 34089

2/26—Tacos, fruit—Code: 34090

Free Movie Every Tuesday and Friday



Subtitles will be used when available. Movies are subject to change due to availability.

Tuesday New Release Movies

Showtime: 12:30 p.m.

Feb. 5 Beasts of the Southern Wild, PG-13, 93 mins.

Feb. 12 The Dark Knight Rises, PG-13, 163 mins.

Feb. 19 Le Havre, NR, 93 mins.

Feb. 26 Being Elmo, PG, 80 mins.

Friday Classics –

Showtime: 12:30 p.m.

Feb. 1 Wild Strawberries, NR, 91 mins.

Feb. 8 The Notebook, PG-13, 123 mins.

Feb. 15 It Happened One Night, NR, 105 mins.

Feb. 22 The Seven-Year Itch, NR, 105 mins.

Pyle Adult Recreation Center will be closed for :



Monday, February 18

Groups at Pyle

The Pyle Center has many groups who call it home. If you are interested in joining any group, stop by the Pyle Front Desk for more information.

BOOK CLUB: Meets the last Friday of the month, 9-11 a.m. This month's meeting is on February 22 and the book is *A Winter's Night* by Valerio Massimo Manfredi

CURRENT EVENTS

DISCUSSION GROUP:

Thursdays 1-3 p.m. Discuss books, events, movies, etc.

BUNCH FOR LUNCH: A fun group who enjoys food and good company. This month's lunch date: Friday, February 8, 11:30 a.m.



6430 S. McClintock, Tempe
(480) 755-3050

Southwest corner of McClintock & Guadalupe, next to Changing Hands

LOONEY TOONERS KITCHEN BAND:

Mondays at 9:30-11:30 a.m.

SENIOR SONGBIRDS:

Wednesdays, 9:30-11:30 a.m.

NEEDLEWIELDERS: Tuesdays & Thursdays, 9 a.m.-1 p.m. Create handcrafted items for charity in a fun, social environment.

AARP TAX AIDE BEGINS FEB. 4

AARP Tax-Aide provides free tax assistance and tax preparation for low to moderate income taxpayers, with special attention to those aged 60 and older. This service will be available at the Pyle Center **Monday from 8:30 a.m. to 3:00 p.m., starting on Monday, February 4th and continuing every Monday through April**

15th. The Pyle Center will be closed on Feb. 18 and April 1, so this service will not be available those dates. AARP Tax-Aide volunteers are trained in cooperation with the Internal Revenue Service and offer help with personal income tax returns. Completed returns are filed electronically, which is very efficient and ex-

pedites your refund. This free tax service is available by appointment and to “walk-ins”. You may make an appointment in person with a Tax Aide volunteer any Monday from February 4 through April 15. **No appointments will be made by phone.** See you then!

Blood Pressure Checks return to Pyle

Blood pressure checks, courtesy of Westchester Senior Living, will be offered twice a month at Pyle starting this month. Come see **Sabryna** in the Pyle lobby on

**Wednesday, Feb. 13,
9:30-11:30 a.m. or
Thursday, Feb. 21, 10:30
-Noon.**

It's free!



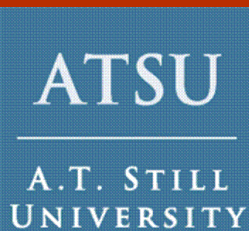
**Volunteers
of America®**

Communication Strategies Course

If you are interested in taking the A.T. Still University Communications Strategies for hard of hearing, the course will be returning to Pyle in late April.

Dates and times will be announced next month. This course is designed to teach participants skills that can maximize communication and the effective-

ness of your hearing aid. Stay tuned for more information about this great program.



Romeo and Juliet

Arizona Family Theater presents Shakespeare's romantic classic "Romeo and Juliet." See sixty minutes of love, action and fun! Adapted and directed by Barbara Wood.

Tuesday, February 26, at 6:30 p.m.

This performance is **free**, and all are welcome. Please RSVP at the front desk using the code **34153**.



Wild, Wild Western Luncheon



Thursday, February 21 at 11:30 a.m.

Menu: BBQ Beef Sandwich, Seasonal Orange Salad,
and Apple Pie a la Mode

Entertainment TBA

RTA: \$6, Non-members: \$7; Code: 33230

Alzheimer's Support Group Coming in March

March 4th & March 18th 1:30 p.m.—3:00 p.m.

Are you caring for someone with Alzheimer's disease? Hank Zaremba, a specialist from Tempe St. Luke's Hospital will facilitate a discussion for Caregiver's trying to assist loved ones who are coping with Alzheimer's. Share challenges, successes and information about being a caregiver with other members.

This support group is free, and all are welcome to attend. Please RSVP using this code, **34156**.

Registration for Spring Classes Starts Feb. 19

Tempe residents may start registering for Spring classes on Feb. 19 at 9:00 a.m. Non-residents start registering on Feb. 25. Classes will start the week of March 18. Classes will be visible on the Internet the week of Feb. 11, but registration won't be available until the 19th. See page 8 for a list of classes for 50+ at Pyle.

RTA News

The Retirees of Tempe Advisory group meets at 10:00 a.m. on the first Thursday of every month. The group meets to discuss the activities at Pyle for the previous month as well as to advise staff and help to plan future senior programs. Membership in the RTA is only \$5 per calendar year. The membership

fees help to defray the costs of free senior activities at Pyle and Cahill Senior Center. It also will get members a discount on Thursday special events at Pyle and Friday special events at Cahill. If you haven't yet joined the RTA for 2013, you can do so at the front desk at either center.

This year's RTA officers are Don Galen, President; Lorna Scooler, 1st Vice President; Beverle Miller, 2nd Vice President; and Leila Higgs, Secretary.

RTA meetings are open to everyone. Join us on Thursday, Feb. 7, 10 a.m. in the Pyle Conference Room.

Pyle Talent Showcase Auditions

Pyle's Talent Showcase is just around the corner. Mark Thursday, **March 21st, 11:30 a.m.** for lunch and Talent Show starting at 12:00 p.m. on your calendar for another fun display of the many talented people we

have here at Pyle.

If you would like to perform at the Showcase, please sign up at the Front Desk for an audition on one of two days available:

⇒ Tues. 2/19, 9-11 a.m.

⇒ Fri. 2/22, 9-11 a.m.

Sign-ups start Feb. 4th.



Drum Circle comes back to Pyle

Drumming sounds is back by popular demand! Once each month, Andrew returns for an expanded, more in-depth drumming experience.

Drumming has been shown to reduce

stress, increase immunity cells, lower blood pressure and it is really fun! Participants are welcome even if they haven't tried drumming before! These FREE sessions are sponsored by CareMore especial-

ly for the Pyle Center.

Sign up for a session from 1—2 p.m.

Feb. 25—**34160**

March 25—**34104**

April 29—**34161**





Internet Safety with Jason Ake

Jason Ake, computer guru, returns to Pyle for an hour long course on Internet safety. The Internet is an amazing, accessible resource. It has changed the way we do everything. Seniors who did not grow up with computers might be scared away with stories about online fraud and identity theft. In this lecture, Jason will provide a little information to

ensure you stay safe while surfing the web. Learn how to feel comfortable and in control while online, ensuring that you are protecting your own personal information.

Don't think that it's just you against the Internet; join us for this informative and fun lecture.

Thursday **February 7th**

Bring your own lunch at 11:30 a.m. and

enjoy a tasty dessert for just \$1!

The presentation will begin at **noon**.

RSVP using the code: **34068**



Fact: There are six million more seniors surfing the web than there were five years ago!

Benefits Assistance Program

Offered by the Area Agency on Aging, this program provides objective information about insurance and benefits to seniors, the disabled, and caregivers.

A trained Benefits volunteer will be available on the following Tuesdays:

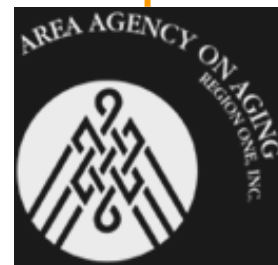
Feb. 5, 9:30–11:30 am

Feb. 19, 9:30–11:30 am

Services include:

- Assistance with organizing Medicare and Supplemental claims information to ensure all benefits are paid and obligations to providers are satisfied.
- Basic information on applying for Social Security, Medicare and SSI.
- Up-to-date information and assistance on Medicare Part D prescription drug coverage.
- Information regarding HMOs, managed care, Medicare Supplement plans (Medigap), and options under Medicare.
- Assistance with Medicare appeals & resolving problems.

Walk-ins only – no appointment necessary!



50+ Activities

BINGO:

Wed., 1pm; Card sales begin at 12:15pm; 50¢ per card; 6 card limit.

CANASTA

Fri., 8:30am-12pm

CRIBBAGE

Mon., 8:30am-12pm

MAH JONGG

Tues. & Thurs., 1-4:30 pm
(beginners/intermediate)

PAINTING WORKSHOP

Wed., 9am-1pm; Fri., 12:30-4:30pm. A program for current and past participants of Pyle art classes.

PARTY BRIDGE

Tues. & Thurs., 8:30am-3pm

PING PONG

Mon., 3-5pm; Tues. & *Fri., 9:00 - 11am & 3-5pm

*1st Friday of each month 8:15-9:30 am and afternoon sessions on all Fridays end at 4:30 pm. Come play ping pong with a friend or by yourself!

PINOCHLE & GAMES

Tues. & Thurs, 8:30am-3pm;

POKER 101

Fri. 12:00-3:00 pm

SEWING WORKSHOP

Fri., 11am-4:30pm

Pyle RTA members get together to stitch and socialize.

SOCIAL SCRABBLE

Mon., 12:30-5pm

Players of all levels are welcome!

Wii

Tues. & *Fri., 8:30-11am

*1st Friday of each month 8:30-9:45 am.

Spring Classes start March 18

ART

Acrylic and Oil Painting *No class 4/1

32545 Beg. M 3/25-5/20* 9 a.m.-Noon \$48

32546 Int. W 3/27-5/22 1-4 p.m. \$54

32547 Adv. Th 3/28-5/23 9 a.m.-Noon \$54

Drawing; Color/B&W No class 4/1.

32552 M 3/25-5/20 12:30-3:30 p.m. \$48

Pastel Painting

32557 Th 4/4-5/23 1-3:30 p.m. \$49

Photography for 50+

32558 Sa 4/6-4/20 10 a.m.-12 p.m. \$30

32559 T 4/23-5/7 10:15 a.m.-12:15 p.m. \$30

Watercolor Painting

32568 T 3/26-5/21 1-4 p.m. \$54

DANCE

Line Dance; Beginning No class 4/23.

32555 T 3/19-5/21 1:30-2:30 p.m. \$35

Line Dance; Intermediate No class 4/23

32556 T 3/19-5/21 2:30-3:30 p.m. \$35

Tap Dance; Beginning

32566 Th 3/21-5/23 11:15 a.m.-12:10 p.m. \$29

Tap Dance; Intermediate

32564 T/Th 3/19-5/23 9:10-10:05 a.m. \$56

Tap Dance; Performance

32565 T/Th 3/19-5/23 10:10-11:05 a.m. \$56

FITNESS

Aerobic Dance *No class 3/22, 4/1, 5/3.

**No class 5/2.

32548 M/W/F 3/18-5/24* 8:05-9 a.m. \$64

32549 T/Th 3/19-5/23** 8:05-9 a.m. \$45

Chair Yoga

32551 W/F 3/20-5/24 9-10 a.m. \$60

Gentle Yoga

32553 W 3/20-5/22 10:30-11:45 a.m. \$50

Stretch & Tone No class 4/1* or 5/2**

M/W 3/18-5/22* 10:30-11:15 a.m. \$38

32561 T/Th 3/19-5/23** 9:15-10 a.m. \$38

Tai Chi / Body Balance Advanced No class 4/1

32563 M 3/18-5/6 11:15 a.m.-12:15 p.m. \$35

Tai Chi / Body Balance Basic No class 4/1.

32562 M 3/18-5/6 12:15 p.m.-1:15 p.m. \$35

Toners & Shapers No class 3/22, 4/1, 5/3

32567 M/W/F 3/18-5/24 9:05-10:20 a.m. \$72

Zumba for 50+

32569 T 3/19-5/21 11:10 a.m.-12:05 p.m. \$41

32570 F 3/29-5/24 10:35-11:30 a.m. \$37

Registration starts Feb. 19 for Tempe residents; Feb. 25 for non-residents.

Pyle February 2013


Monday
Tuesday
Wednesday
Thursday
Friday


Looking ahead to March ~

- ◆ 3/7—Brown Bag Series Lecture
- ◆ 3/7—Spring Program TBD
- ◆ 3/14—St. Patrick's Day Luncheon
- ◆ 3/21—Pyle's Annual Talent Showcase
- ◆ 3/28—Birthday Bingo

1
8:15-9:30am Wii/Ping Pong
8:30am-12pm Canasta
11am-4:30pm Sewing Workshop
12-3pm Poker 101
12:30pm Classic Movie (see p. 3)
12:30pm Painting Workshop
3-4:30 Ping Pong

4
9:30am-Kitchen Band
8:30am-12pm Cribbage
12:30-5pm Scrabble
3-5pm Ping Pong

5
8:30-11am Wii/Ping Pong
8:30am-3pm Party Bridge
8:30am-3pm Pinochle
9am-1pm Needlewielders
9:30-11:30am Benefits Assistance Program
12:30pm New Release Movie (see p. 3)
1-4:30pm Mah Jongg
3-5pm Ping Pong

6
9am-1pm Painting Workshop
9:30-11:30am Songbirds
1pm BINGO

7
8:30am-3pm Party Bridge
8:30am-3pm Pinochle
9am-1pm Needlewielders
12pm-BBS Lecture: Internet Safety
1-3pm Current Events
1-4:30pm Mah Jongg

8
8:30-11am Wii/Ping Pong
8:30am-12pm Canasta
11am-4:30pm Sewing Workshop
12-3pm Poker 101
12:30pm Classic Movie (see p. 3)
12:30pm Painting Workshop
3-4:30 Ping Pong

11
9:30am-Kitchen Band
8:30am-12pm Cribbage
12:30-5pm Scrabble
3-5pm Ping Pong

12
8:30-11am Wii/Ping Pong
8:30am-3pm Party Bridge
8:30am-3pm Pinochle
9am-1pm Needlewielders
12:30pm New Release Movie (see p. 3)
1-4:30pm Mah Jongg
3-5pm Ping Pong

13
9am-1pm Painting Workshop
9:30-11:30am Songbirds
1pm BINGO

14
8:30am-3pm Party Bridge
8:30am-3pm Pinochle
9am-1pm Needlewielders
11:30am Valentine's Day Luncheon
1-3pm Current Events
1-4:30pm Mah Jongg

15
8:30-11am Wii/Ping Pong
8:30am-12pm Canasta
11am-4:30pm Sewing Workshop
12-3pm Poker 101
12:30pm Classic Movie (see p. 3)
12:30pm Painting Workshop
3-4:30 Ping Pong

18
CLOSED FOR PRESIDENTS' DAY



19
8:30-11am Wii/Ping Pong
8:30am-3pm Party Bridge
8:30am-3pm Pinochle
9am-1pm Needlewielders
9:30-11:30am Benefits Assistance Program
12:30pm New Release Movie (see p. 3)
1-4:30pm Mah Jongg
3-5pm Ping Pong

20
9am-1pm Painting Workshop
9:30-11:30am Songbirds
1pm BINGO

21
8:30am-3pm Party Bridge
8:30am-3pm Pinochle
9am-1pm Needlewielders
11:30am Wild, Wild West Luncheon
1-3pm Current Events
1-4:30pm Mah Jongg

22
8:30-11am Wii/Ping Pong
8:30am-12pm Canasta
11am-4:30pm Sewing Workshop
12-3pm Poker 101
12:30pm Classic Movie (see p. 3)
12:30pm Painting Workshop
3-4:30 Ping Pong

25
9:30am-Kitchen Band
8:30am-12pm Cribbage
12:30-5pm Scrabble
3-5pm Ping Pong

26
8:30-11am Wii/Ping Pong
8:30am-3pm Party Bridge
8:30am-3pm Pinochle
9am-1pm Needlewielders
12:30pm New Release Movie (see p. 3)
1-4:30pm Mah Jongg
3-5pm Ping Pong

27
9am-1pm Painting Workshop
9:30-11:30am Songbirds
1pm BINGO

28
8:30am-3pm Party Bridge
8:30am-3pm Pinochle
9am-1pm Needlewielders
11:30am Birthday Bingo
1-3pm Current Events
1-4:30pm Mah Jongg



**CAHILL
SENIOR
CENTER**

715 W. Fifth St.
Tempe, AZ 85281

[www.tempe.gov/
cahillseniorcenter](http://www.tempe.gov/cahillseniorcenter)

(480)858-2420
TTY: (480)350-5050

HOURS

Monday-Friday
8:30am-2:30pm

Saturday-Sunday
Closed



Roadrunner Chronicle

CAHILL EDITION

FEBRUARY 2013

Mardi Gras Luncheon!

*Parade around in your mask and beads while
listening to a Jazz Band.*

*Menu: Creole Chicken and Sausage Jambalaya,
King Cake and Hurricane Passion Tea*

Friday, February 22, 11:00 am

Code: 32676

RTA Members \$5 ~ Non-Members \$6



Fabulous Friday's \$3 Lunch

Join us for our fresh and delicious Friday Lunches at 11:30am for only \$3.

February: 1	Potato Tomato Soup & Half Turkey Melt	Code: 32652
February: 8	Roast Pork, Baked Beans & Apple Sauce	Code: 32653
February: 15	Meatloaf, Mashed Potatoes & Peas	Code: 32654

Crafts & Coffee with Sara Custom Cards

February 27, 9-11am



Create custom cards for
your friends and family.

Code: 32659

Fee: \$3

Breakfast & Bunco

February 13, 9am



Breakfast Soft Tacos, Fruit, Juice
and Coffee

Code: 32647

RTA Members: \$4

Non-Members: \$5



TCAA Lunch Program

For those 60yrs+ there is **NO FEE** involved in becoming a registered lunch participant, only the *requested lunch contribution* of \$3.50 when you come in to eat your meal.

Sign up before noon the Friday before:
480-858-2420

Lunch is served at 11:45am (menu on Page 3)
We look forward to setting a place for you!

Feb. 4th - American Heart Month-learn how to reduce the risk of **heart** disease and recommit to better **heart** health.

Feb. 11th - Valentine's Day- Celebrate love and romance today with sweet treats

Feb. 18- Closed for President's Day

Feb. 25th - Great American Pie Day-sample a selection of America's favorite pies.

Programs and Classes



Alzheimer's Workshop Know the 10 Signs: Early Detection Matters

February 7, 10-11am

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts.

Fee: FREE

Registration is required.
Call 602.528.0545

Internet Survival



Learn how to navigate the internet and email during this hands on computer class.

Thursday, February 28
9am

Code: 34127
Fee: FREE

Pancake Breakfast

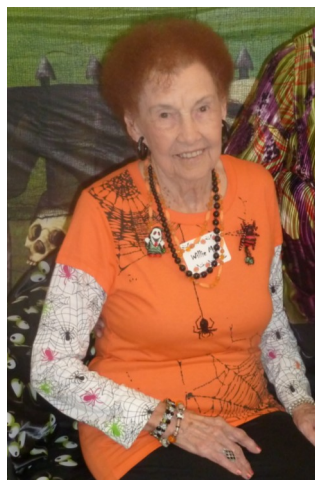
Socialize with friends while enjoying all you can eat

Fluffy Pancakes,
sausage, juice and coffee.

Wednesday, February 20
9am

Code: 32668
Fee: \$3

Cahill Community: Willie Mae Graham



Willie Mae loves to spend time with her son, grandchildren and great grandchildren. She recently welcomed two great-great grandchildren into her family! Willie Mae is known for her delicious cakes. She generously bakes a cake every Friday for her friends.

Cahill February 2013

Monday

Tuesday

Wednesday

Thursday

Friday

Looking forward to March:

3/6 - Pokeno
3/13 - Breakfast and Bunco
3/20 - Pancake Breakfast
3/22 - Western Barbeque Luncheon
3/27 - Crafts & Coffee

Happy December and January Birthdays to

**Edith Kennedy,
Judy Eads and
Linda Flores!**



1

•11:30am **\$3 Lunch**
Potato Tomato Soup & half Turkey Melt Sandwich
Code: 32652
February Birthday Celebration
• 1pm BINGO

4

•11:45am **TCAA Lunch**
Citrus Glazed Chicken Breast
Capri Blended Vegetables
Broccoli
Whole Wheat Roll
Fresh Fruit

•1pm BINGO

5

6

•9am **Pokeno**
Code: 32671

•11:15am FREE Movie
The Hunger Games

7

•10-11am Alzheimer's Workshop

8

•11:30am **\$3 Lunch**
Menu: Pork Roast, Baked Beans and Apple Sauce
Code: 32653

•1pm BINGO

11

•11:45am **TCAA Lunch**
Chicken & Bowtie Cacciatore
Spinach
Italian Blended Vegetables
Whole Wheat Roll
Sliced Pears

•1pm BINGO

12

**Cahill Closed for
Youth Town Hall**

13

•9am **Breakfast & Bunco**
Code: 32647
Menu: Breakfast Tacos
•11:15am FREE Movie
Wrath of the Titans

14



15

•11:30am **\$3 Lunch**
Menu: Meatloaf, Mashed Potatoes and Peas
Code: 32654

•1pm BINGO

18

**Closed for
President's Day**

No Bingo

19

20

•9am **Pancake Breakfast**
Code: 32668

•11:15am FREE Movie
Footloose

21



22

•11:00am **Mardi Gras Luncheon**
Menu: Chicken & Sausage Jambalaya, King Cake
Code: 32676
• 1pm BINGO

25

11:45am **TCAA Lunch Birthday Celebration**
Veal Marsala
Mashed Potatoes
Winter Blended Vegetables
Whole Wheat Roll
Birthday Cake

•1pm BINGO

26



27

•9am **Crafts & Coffee**
Custom Cards
Code: 32659

•11:15am FREE Movie
Salmon Fishing in the Yemen

28

•9am **Computer Class**
Internet Survival
Code: 34127

